



Upland Recreation & Community Services Division

Week of October 5, 2020

A Helpful Handbook

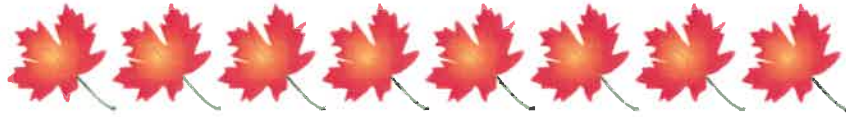
- A List of Helpful Phone Numbers
- Encouraging Words
- Resources & A Word Search Puzzle
- From Us To You, To Help You Get Through These Unsettled Times



The Gibson Senior Center remains closed to the public, however, the staff is still here working Monday - Friday, 8:30 a.m. to 5:00 p.m. to take your calls and answer any questions or concerns you may have.

George M. Gibson Senior Center
250 N. 3rd Avenue, Upland, Ca 91786 (909) 981-4501

Hello To Our Seniors!



Hope everyone is doing good!

Well we are officially in Fall, and as most of us are aware, the Fall Season brings the flu & cold season as well.

With everything that is going on with the COVID-19 Virus, it does stir up a bit of confusion as to what type of vaccines are beneficial to us, so please be sure to consult with your doctor whether or not you should be receiving a flu shot, and if so, what type of flu shot is best for you.

On Friday, October 9th, our Flu Shot Clinic will be offering a specific flu shot vaccine geared towards those 65 years or older.

Please contact the front office for more information.

(909) 981-4501





Upland Recreation & Community Services

No Parking!



In Front of

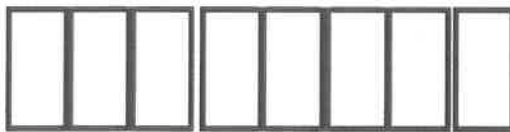
The Gibson Senior Center

Beginning Thursday, October 8, 2020 5:00 p.m.

Due To Our Upcoming Social Distancing Health & Wellness Fair Event,
We Are Asking All Coy D. Estes Residents & Their Visitors To Please
Not Park In The Front Parking Area Closest To Third Avenue.

In Order To Follow County Guidelines of The 6Ft. Separation Enforcement,
We Will Be Using This Area For A Vendor Station For Our Annual
Health Fair That Will Take Place On Friday, October 9, 2020.
All Parking Will Be Available After The Event. Thank you!

Gibson Senior Center Building



Solar Parking Panel



Third Avenue



Upland Recreation & Community Services Division

2020 Health & Wellness Fair!

Grilled Hot Dog
Lunch Box!
\$3.00

Friday, October 9, 2020
8:00 a.m. - 12:00 p.m.



**The Gibson Senior Center Will Be Hosting
It's Annual Health Fair & Flu Shot Clinic!**

**Free COVID-19 Tests Will Be Offered By The County of San Bernardino
Public Health Department. Please Call 909 387-3911
To Schedule Your COVID Test.**

Flu Shots will be offered. Medicare & most Insurance plans accepted.

Please Bring Medicare & Health Insurance Card.

Please Call 909 981-4501 To Schedule Your Flu Shot.

Provided By: The logo for Albertsons VONS PAVILIONS, featuring a stylized blue and red 'A' followed by the text "Albertsons VONS PAVILIONS".

A Variety of Vendors Will Be On Hand!

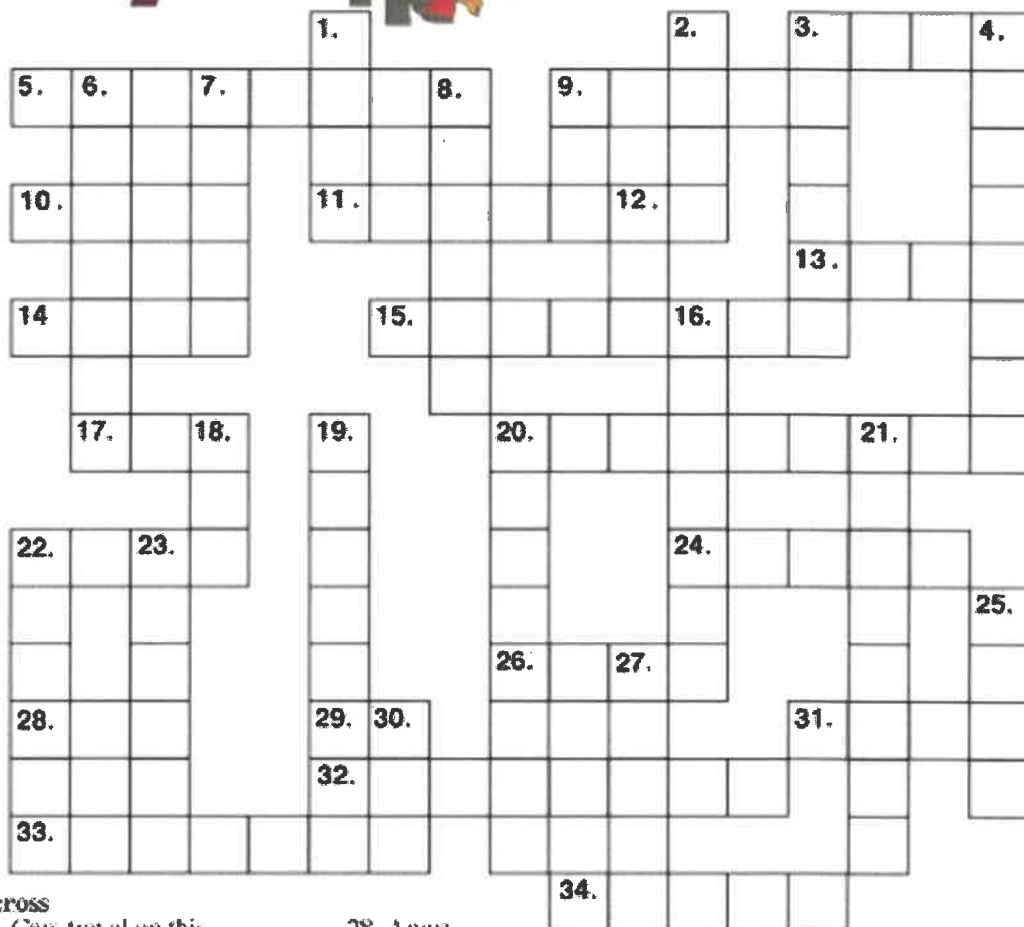
&

A Grilled Hot Dog Lunch Box Will Be Available For \$3.00.

**Please Note, This Event Will Be In Compliance With The SB County
Safety Guidelines And Facial Masks Will Be Required.**

George M. Gibson Senior Center, 250 N. 3rd Avenue, Upland, CA 91786 (909) 981-4501

Autumn CROSSWORD



Across

- 3 Cars travel on this
5 Woollen garments
9 Plural of goose
10 An angel has this
11 To make smooth
13 Things aren't always as they
14 Who, what, where, _____?
15 Vegetables with many eyes?
17 Maple leaves often turn this colour
20 The first month of Autumn
22 Cautious
24 A tree with white, papery bark
26 To raise children

- 28 Angry
29 Opposite of out
31 Another name for Autumn
32 Autumn month
33 Gather a crop
34 Ripe fruit or vegetables

Down

- 1 Grows on a tree
2 _____ager
3 Playtime in school
4 Last month of Autumn
6 Sunny, cold, rain, eg
7 The nut from an Oak tree
8 Spring, summer, fall, winter eg

- 9 Fetch
12 " _____ your supper"
16 Autumn month
18 Opposite of night
19 Large orange fruits which grow on a vine
20 Nut boarding animal
21 Used to carry school books
22 What you get from a fireplace
23 One who reads
25 Opposite of hot
27 Brownish yellow colour
30 "He is _____ here right now."



Upland Recreation & Community Services Division

Grilled Hot Dog BBQ Lunch Box!



Friday, October 9th, 2020

11:00 a.m. - 12:00 p.m.

\$3.00



Tickets Available
For Purchase
Beginning
Wednesday,
September 16th!

Come Grab & Take A Freshly Grilled
Hot Dog Boxed Lunch!

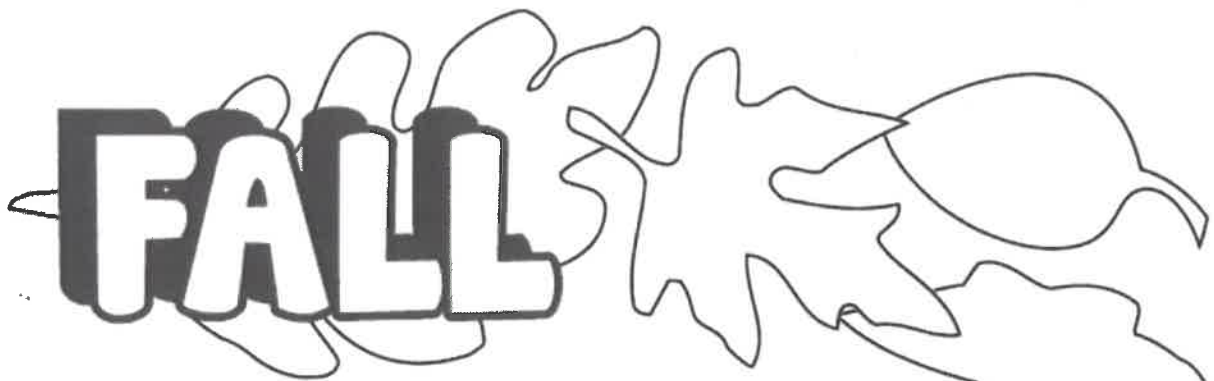
Includes...

A Freshly Grilled Hot Dog, Chips,
Fruit Cup, Dessert & Water.

For More Information
Please Call
(909) 981-4501



George M. Gibson Senior Center
250 N. 3rd Avenue
Upland, Ca 91786



N E E W O L L A H T A C V S P

E K A R P B E E S G W Q T Q F

W E U X X X B E A V W H W U Y

I E U X O Q V I X V A Z C A X

J D J H Y R L H Y N E Z R S E

A V B L A J V G K L V S F H E

T W I H G K K S H W Q X N Z F

R K Q C H Z G H R S E P V A G

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I N O I T P C I E K X F C R H

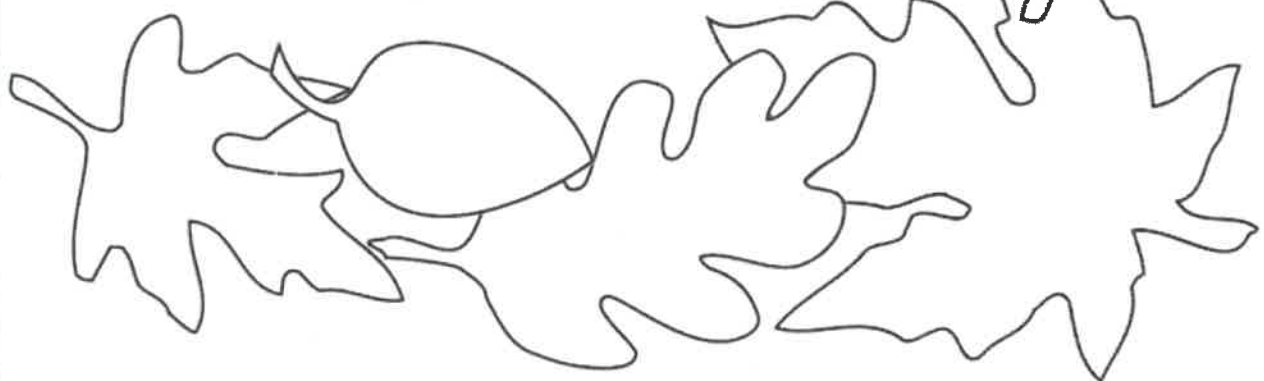
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D G F T Y Y Y R C M Z A G F L

M L A W X J Z A A U T U M N E

M G T T H R F J H P W V M U C

AUTUMN
HARVEST
PUMPKINS
THANKSGIVING
HALLOWEEN
LEAVES
SQUASH
FALL
HAYSTACK
RAKE



Helpful Numbers

Food Assistance

CalFresh... (909) 912-6118 www.211sb.org

A Supplemental Food Assistance Program.

Community Action Partnership.... (800) 635-4618 www.capsbc.org

Offers Food Pantry County Wide As Well As Other Human Services

Feeding America Food Pantry.... (951) 359-4757 www.feedingamericaie.org

County Food Pantry

FSA (Family Service Association).... (951) 342-3057 www.fsaca.org

Senior Nutrition Program

Housing Issues

Inland Fair Housing & Mediation Board... (800) 321-0911 www.ifhmb.com

A HUD Approved Counseling Agency

Local Grocery Stores

Albertsons

(909) 946-4447

1910 N. Campus Avenue, Upland

ALDI

(855) 955-2534

349 S. Mountain Avenue, Upland

Smart & Final

(909) 981-0250

1028 N. Mountain Avenue, Upland

Sprouts

(909) 912-1461

847 W. Foothill Blvd, Upland

Stater Bros. Market

(909) 982-3514

919 N. Mountain Avenue, Upland

Stater Bros. Market

(909) 981-3237

1619 N. Mountain Avenue, Upland

Vons

(909) 981-7709

81 W. Foothill Blvd, Upland

Walmart Neighborhood Market

(909) 942-4931

1445 E. Foothill Blvd, Upland

Whole Foods

(909) 579-2670

2153 Foothill Blvd, Upland

Senior Human Services

Department of Aging & Adult Services.... (909) 891-3900

www.hss.sbcounty.gov/daas

Area Agency on Aging

San Bernardino County Resources.... 211 or 1-888 435-7565 www.211sb.org

Provides Elder Assistance, Food, Clothing, Crisis Services

COVID-19 TESTS (909) 387-3911 www.sbcovid19.com

Senior Resources

Aging Next.... (909) 621-9900 www.agingnext.org
Provides Senior Resources.

Senior Support

Alzheimer's Association of Greater Los Angeles... (844) 435-7259
www.alzheimersla.org
Provides support & services for those with Dementia & Alzheimer's Issues.

Inland Caregiver Resource Center.... (800) 675-6694 www.inlandcaregivers.org
Provides Support & Respite for Caregivers

West End Family Counseling.... (909) 983-2020 www.wefcs.org
Provides Senior Counseling.

Taxes

AARP Tax Aid Program... (605) 549-5168
Answers questions for those who have already filed taxes this year.

Transportation

ACCESS "Curb To Curb" OmniTrans.... (909) 379-7160 www.omnitrans.org
Door To Door Shuttle Services. Eligibility & Application Process.

City Offices

George M. Gibson Senior Center..... (909) 981-4501
Community Senior Center Offering Various Programs, Activities & Services

Upland City Hall.... (909) 931-4100

Upland Fire Department.... (909) 356-3805

Upland Police Department (Non-Emergency)..... (909) 946-7624
For Life Threatening Emergencies.... 911

Upland Public Works ... (909) 291-2930
Upland Recreation Department... (909) 931-4280 www.uplandca.gov